

Staff Sgt. Sean Everette, 25th Combat Aviation Brigade Public Affairs

1st Lt. Alex Davila, 3-25th Avn. Regt., 25th CAB, jumps into Kaneohe Bay as part of an overwater live-hoist training exercise, Jan. 28. The exercise prepares Soldiers in the event that their aircraft goes down over an open body of water, and trains them to rescue Soldiers who have bailed into an open body of water after their aircraft has gone down.



Soldiers assigned to 2-35th Inf. Regt., 3rd BCT, 25th ID, try to eliminate their opponent during a re-ball match at

2-35th Infantry takes part in WAQ

SGT. BRIAN C. ERICKSON 3rd Brigade Combat Team Public Affairs 25th Infantry Division

SCHOFIELD BARRACKS — Soldiers assigned to 2nd Battalion, 35th Infantry Regiment, "Cacti," 3rd Brigade Combat Team, 25th Infantry Division, took on the Warrior Adventure Quest (WAQ), here, and at He'Eia State Park, Jan. 26-29.

The WAQ is an Army RESET training tool designed to introduce Soldiers to activities that serve as alternatives to aberrant behaviors often associated with accidents involving recently re-deployed Soldiers.

"This program helps Soldiers realize their own new level of normal after a deployment," said Junior Tuisamatatele, the WAQ guide and Family and Morale, Welfare and Recreation representative.

During the four days, the Cacti Soldiers either participated in re-ball, here, or they took part in an ocean activity at the state park.

For the re-ball activity, the Soldiers headed over to the installation's new Outdoor Recreation Center to compete against one another in re-ball, which is similar to paintball, except players use reusable balls, instead of paintballs, which burst upon impact. Those who got to do the ocean activity had their day

start an hour earlier, due to the state park being over in Kaneohe Bay. The ocean activity turned out to be a few dif-

To start, the Soldiers kayaked out to a sandbar in pairs of two. When they reached the sandbar, they tied their kayaks together and got the chance to do a little snorkeling in the nearby reef.

For those who wanted a little more adventure, they rotated in groups of three onto a sailboat to sail around the bay area, while the others tried their hand at stand-up paddle-boarding, snorkeling or just enjoying the water.

To finish off the activities, the Soldiers kayaked back to shore and took part in a lunch prepared by the He' Eia Learning Center staff.

Pfc. Dennis Hernandez-Porter, assigned to Bravo Company, 2-35th Inf. Regt., 3rd BCT, 25th ID, summed up his experience.

"It was awesome," he said. "I had fun and enjoyed it." After both daily activities, each group had to come together and conduct a Leader-Led After Action Debrief (L-LAAD) to discuss the day's activities.

According to Tuisamatatele, the group did the L-LAAD to learn how to facilitate in response to a significant event in an operational environment.

To finish off the day, before the Soldiers headed back to the battalion's quad, here, the FMWR personnel took a few minutes and talked to the group about the different programs and options that are available to help out Soldiers and their families in times of hardship and stress.

29th Brigade Engineers conduct battalion FTX

SGT. BRIAN C. ERICKSON

3rd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — The smell of diesel engines, boots covered in mud, dirty uniforms and Meals Ready to Eat (MRE) were just everyday occurrences as the 29th Brigade Engineer Battalion, "Wayfinders," 3rd Brigade Combat Team, 25th Infantry Division, conducted a battalion Field Training Exercise (FTX), here, Jan. 20-28.

This was the first field exercise in recent years that has involved at least a portion of each section of the entire battalion.

"This is the first time in awhile that we as a whole battalion are able to deploy all our sections to the field in some fashion," said Lt. Col. Michael Binetti, commander, 29th BEB, 3rd BCT, 25th ID.

For the duration of the exercise, the battalion was spread out across Area X-ray and the East Range.

On Area X, the 29th BEB had its battalion Tactical Operations Center (TOC) and its Forward Support Company (FSC), which allowed the BEB

See FTX A-5



Pfc. John Paul Rodriguez, a cook assigned to Echo Company, 29th BEB, 3rd BCT, 25th ID, organizes food for the evening chow line at Area X dur-

Pacific's senior enlisted logisticians meet to build joint understanding, more

SGT. MAJ. MARK SWART 8th Theater Sustainment Command Public Affairs

FORT SHAFTER — More than a dozen senior enlisted logistics leaders from three military services on Oahu met, here, at the 8th Theater Sustainment Command headquarters, Jan. 30, for the first Enlisted Joint Logistics Huddle, an event created to build professional dialogue between logisticians at the enlisted level.

Command Sgt. Maj. Charles Tobin, 8th TSC, hosted the event and developed the idea of the forum to help partners across the services strengthen relationships and increase understanding of each other's service capabilities.

"It's essential that we look at things from a joint perspective to ensure that we enhance our capabilities across the joint domain," Tobin said. "As the 8th TSC remains responsible for providing Army support to other services, it is important that we remain synced and coordinated with our senior enlisted logisticians across our joint domain to make this possible. We cannot do this without our joint enlisted partners."

Attendees included senior enlisted service members from Special Operations Command, Pacific (SOCPAC); Marine Forces Pacific (MARFORPAC); Pacific Air Forces (PACAF); and the 8th TSC.

Participants received a short overview briefing velopment initiatives, ways to streamline and on TSC operations and organization, as well as its mission and priorities.

After the briefing, attendees discussed ideas that could benefit all services, such as leader dereinforce sustainment processes, and sharing lessons learned.

See 8th TSC A-5



Sgt. 1st Class Mary Ferguson, 8th Theater Sustainment Command Public Affairs

Command Sgt. Maj. Charles Tobin, 8th TSC senior enlisted advisor, welcomes more than a dozen senior enlisted logistics leaders from three military services on Oahu to the first Enlisted Joint Logistics Huddle at 8th TSC headquarters on Fort Shafter, Jan. 30. Attendees included senior enlisted service members from SOCPAC, MARFORPAC, PACAF and the 8th TSC.



Hawaii

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New SMA brings wealth of experience to role

Dailey says leadership skills learned from the Army helped him advance through the ranks

> Story and photo by C. TODD LOPEZ Army News Service

WASHINGTON — The 15th sergeant major of the Army was sworn into office Jan. 30, bringing with him a wealth of experience from both the operational and institutional Army.

Before administering the oath of office to Sgt. Maj. of the Army Daniel A. Dailey, Chief of Staff of the Army Gen. Ray Odierno explained what it is he believes Dailey will bring to the office.

The general said the first time he met Dailey, the noncommissioned officer had been a platoon sergeant. Subsequently, he served as a battalion sergeant major, brigade sergeant major and division sergeant major.

Dailey also has in-depth institutional experience, Odierno said, having served as the command sergeant major at TRADOC.

"He brings this broad experience of both understanding the institutional side, as well as the tactical and operational side," Odierno said. "In my mind, there is no one more qualified to take on the responsibilities and the challenges our Army faces in the future."

The general named three such challenges, saying they are concerns he thinks about every day. He said he believes that Dailey will be able to help address those challenges. First, he said, is the continued commitment of Sol-

diers across the globe. As many as 140,000 Soldiers are now deployed or forward stationed.

Secondly, he said, is the downsizing of the Army. Finally, he added, is planning for the future of the Army, to plan for what the Army will need to continue to maintain the security of the United States.

With all of those issues, Odierno said, he believes that Dailey will serve as an adviser and leader to help the Army make the right decisions.



Chief of Staff of the Army Gen. Ray Odierno administers the oath of office to the Sgt. Maj. of the Army Daniel A. Dailey, Jan. 30, at the Pentagon. Dailey's wife, Holly, holds the Bible.

Dailey's comments

After being sworn in to office, and swapping out his uniform coat for a new one that bears his new rank insignia, Dailey explained how he, a self-described "middle of the road guy," was able to rise to the highest enlisted position in the Army.

"As a young man, I was a pretty average kid," Dailey said. "I did well in school, but I wasn't the valedictorian. I was somewhere in the middle of the class.

"I played high school sports," he continued, "but I wasn't a superstar athlete. I couldn't play in the band because I don't have any musical talent at all. I'm even average by military standards: 5-foot, 9-inches, and

161 pounds, as of this morning. I checked. By all accounts I was a poor, average kid from Northeastern Pennsylvania.

"How does a middle-of-the-road guy make it to this rank to represent the finest fighting forces the world has known?" he continued. "The answer is simple. It's sitting in the seats in front of me. It's leadership ... leadership from great Soldiers, noncommissioned officers and officers that I served with over the years. These are the people who make Army leaders."

Daily said leadership is not born, but is rather built. "I am merely a product of the best the Army has ever had to offer," he said. "I am grateful for that.'



Air Force Maj. Gen. Kelly McKeague, Defense Prisoner of War/Missing in Action Accounting Agency (DPAA) interim deputy director, delivers remarks during the Joint Prisoner of War/Missing in Action Accounting Command (IPAC) Deactivation Ceremony, Jan. 30, at Joint Base Pearl Harbor Hickam-Hawaii.

Merger combines 3 organizations tasked to continue JPAC's mission

AIR FORCE STAFF SGT. CHRIS HUBENTHAL Defense Media Activity - Hawaii News Bureau

JOINT BASE PEARL HARBOR-HICKAM — Service members and civilians attended the Joint POW/MIA Accounting Command (JPAC) Deactivation Ceremo-The ceremony also served as a way to officially

merge the Defense POW/Missing Personnel Office (DPMO), based in Washington, select functions of the Air Force Life Sciences Equipment Laboratory (LSEL), and JPAC into the newly established Defense POW/MIA Accounting Agency (DPAA). The Secretary of Defense announced U.S. Navy Rear

Adm. Mike Franken as the DPAA interim director, U.S. Air Force Kelly Mckeague as the DPAA interim deputy, and U.S. Army Lt. Gen. Michael Linnington as the DPAA senior adviser, Jan. 9.

McKeague explained the reason behind the reorga-

"The nation and the Department of Defense have been always committed, staunchly committed, to the solemn obligation that we have to search for, recover

and identify the remains of service members from past conflicts," McKeague said. "Today's ceremony is a culmination of an effort that started with Secretary Hagel, last March, where he saw an opportunity to improve the way we do this mission. Today brings together, in an operational forum, three organizations that will now be charged with fulfilling this mission."

McKeague said that the integration of DPMO, JPAC and LSEL will create challenges, but will also promote and increase the mission's capabilities.

"There are obviously structural differences and changes with an organization that brings together three different organizations into a solid and integrated organization; there are always challenges with that," McKeague said. "With that also comes the opportunity to improve our processes, build upon established strengths that we have, and more importantly, move this mission forward with more effectiveness and more efficiency in how we fulfill this promise."

JPAC's mission was to provide the fullest possible accounting for U.S. personnel to their families and the nation. McKeague said that DPAA's goals in fulfilling this promise won't change, but only become stronger.

FINTSTEPS in FAITH

It's all about perspective, so choose to be optimistic

CHAPLAIN (CAPT.) SANG KWON

2nd Battalion, 27th Infantry Regiment 3rd Brigade Combat Team 25th Infantry Division

Regardless of one's grade, rank or military occupational specialty (MOS), every person is affected by stress.

Stress can easily affect people's health, even if they don't

Almost everyone can strongly agree that serving in the military is rewarding, but also stressful. Soldiers risk their lives in combat.

Enlisted and officers travel frequently and are often separated from family and friends for months at a time. Not only that, Soldiers must continue to work with heavy physical demands and operational exercises as part of their "nor-

So, how do we control our stress? It is by having an optimistic perspective.

As Soldiers, we wake up every day to fulfill our daily amount of regimented physical training. It doesn't matter whether it rains, hails or there are other weather "things" that may deter the PT. We just go out and do it!

But I choose to be an optimist, because no matter what it is, conducting physical

training makes me a better person and a better Soldier.

Others pay money to work out at the fitness centers or health clubs. How lucky am I to be paid and to maintain my physical health? It's all a matter of perspec-

There is a great inspirational story on perspective. On April 9, 1867, the Secretary of State of America named William H. Seward, and Russia's Alexander II, had a market convention. The Senate confirmed that they would purchase just over 300 million acres for 1.9 cents per acre. The United States had purchased Alaska from Russia for a mere amount of \$7.2 million.

During that time, America's media had given Alaska the name "a land of no purpose." The name "Seward's Folly" was given to taunt William Seward. On top of that, Seward had to overcome much persecution and many accusations from the Senate.

However, in the present, Alaska has been making a profit of \$500 million through the mining industry. Not only that, Alaska is used as an important

military base for the United States. Through this, one can see the two sides of viewing the same land with different perspectives.

This shows the importance of perspective in the same surroundings and circumstances. Having an optimistic perspective is a choice to be made. Instead of seeing only the negative aspects of any situation, try to see the positive of every situation.

Acknowledge great things happening in you and others. A problem is not in the problem itself. The problem is in the eyes that see the problem.

Remember this verse:

"For in hope, we have been saved, but hope that is seen is not hope; for who hopes for what he already sees? But if we hope for what we do not see, with perseverance we wait eagerly for it." — Romans 8:24-25

Next Friday is the 13th, so parents beware!

"What are you afraid of?"

Photos by Hawaii Army Weekly



they have big teeth and can bite your leg off."

Siri Braveheart

'Sharks because



"Bees and wasps because I'm allergic and one sting could kill

Kwon

Allison Parker 8. AMR cheerleader



'Heights. But I love climbing and I want to skydive one day."

Schehl Peebles

9, AMR cheerleader



"People in costumes because you don't know who they are."



they can get you like a tsunami.'

Xzayah Rasher 9. AMR cheerleader

Jayla Townsend 9, AMR cheerleader



Maj. Lindsey Elder, U.S. Army-Pacific Public Affairs

HAIKOU, People's Republic of China (PRC) — U.S. Army-Pacific Soldiers and soldiers from the People's Liberation Army construct an evacuation camp for personnel displaced by a fictional typhoon as part of the 2015 Disaster Management Exchange (DME), Jan. 18, at Macun Barracks, here, in Hainan Province. This long-established exchange underscores the commitment of both the U.S. and the PRC to a comprehensive and strong military-to-military relationship to address security cooperation and humanitarian assistance/disaster relief challenges across the region. See p. A-4 for more on the DME.

Bronco Bde. tests readiness w/tactical operation

Story and photo by STAFF SGT. CATRINA HERBERT 3rd Brigade Combat Team Public Affairs 25th Infantry Division

SCHOFIELD BARRACKS — The Soldiers of the 3rd Brigade Combat Team, 25th Infantry Division, set up shelters and network equipment of their Tactical Operations Center during an exercise, here, Jan. 20-28.

The Bronco Brigade executed readiness training by putting together the Deployable Rapid Assembly Shelter (DRASH) and establishing communication as part of the TOCEX.

The two-week exercise ensured the brigade headquarters has a fully functional operations center when it deploys. It also ensured all systems were fully functional, integrated, tested and proven to work.

The exercise began the morning of Jan. 20.

from the motor pool to the field site. Equipment included vehicles, tents, generators, computers and networks. Six hours later, the DRASHs were assembled and providing air conditioning; plus, electricity was installed.

After completing the set-up, the perimeter and communications equipment were installed.

The event continued with help from the communications shop, which wired each section with network cables to build network and connect a wide variety of digital systems to each

Capt. Jordan Smiley, brigade S-3, a native of Las Vegas, Nevada, said the tactical systems are used to report to the brigade commander the situation on the battlefield, and the systems are used to talk to the subordinate units.

With laptop computers set up on folding tables,

Many truckloads of equipment were transported the exercise participants engaged in battle drills designed to let each staff section practice its role in a variety of scenarios that could affect the 3rd BCT on deployments.

> "It is difficult to simulate combat operations, but the military intelligence section provided excellent interjects to help with the training," said Smiley. "The planning portion of the TOCEX demanded long hours.'

> Staff Sgt. Selexter Jones, infantryman, assigned to 3rd BCT and a native of Magnolia, Mississippi, said, "The purpose of the TOCEX is to better prepare us for future missions."

During the TOCEX, the brigade worked on real-world issues surrounding its upcoming training mission at Joint Readiness Training Center (JRTC) at Fort Polk, Louisiana. As well, some of the staff sections performed all their day-to-day garrison operations from the TOC.



Capt. Jordan Smiley, 3rd BCT, 25th ID, works on a computer system during the brigade's **TOCEX on Leaders Field.**

Army Reserve tells transitioning Soldiers 'we are hiring'

DAVID VERGUN

Army News Service

WASHINGTON — The Army Reserve currently has a little more than 197,000 Soldiers.

This year's end-strength objective is to have 202,000, said Barbara A. Sisson, assistant chief of the U.S. Army

"We are hiring," said Sisson, adding that the doors are wide open for anyone desiring an exciting, rewarding and challenging career, particularly Soldiers who are planning to leave the service either voluntarily or in-

While Soldiers with valuable skill sets - engineers, doctors, lawyers and so on - are sought after, there are other skills needed by the Reserve. Soldiers should see their career counselors or an Army Reserve representative at least a year before separation



Photo courtesy of Army Reserve

An Army Reserve medic practices his civilian craft during a training day. Soldiers leaving the Army are encouraged to explore opportunities.

to determine if they are a good fit and get the ball rolling early, she said.

Even if Soldiers don't have high-de-

mand skills, there could be opportunities to retrain for a different military occupational specialty while still on active duty, Sisson said.

Also, under the Soldier For Life program, employers are actively providing job training at installations, so that's

valuable transition programs, she said.

There are a lot of other reasons to go Reserve, she said. Besides having a part-time income, Soldiers can stay in the Army, earn retirement and TRI-CARE health benefits and use their skills to benefit the United States. The cost-benefits alone are potentially worth hundreds of thousands of dollars over a Soldier's lifetime.

"Do you really want to walk away from that?" Sisson asked.

Apparently, Soldiers are not walking away from those opportunities as there's been "a growing number of people coming to us," she said.

Army G-1 has been helpful, too, she added, providing names of the best captains and majors being involuntarily separated.

"We made contact with them. I un-Hopefully Soldiers' units will give derstand that hundreds of them will them the time to participate in these be coming our way. That's good for the individuals, the Army and the taxpayers. It's easier than growing them from scratch," she said, meaning the veterans have the skills and military experience needed to hit the ground.

The Army Reserve would also "love to hire not only Soldiers coming off active duty, but those leaving the other services," she said. "We're working with (the) U.S. Army Training and Doctrine Command (TRADOC) to try and figure out how to bring in those from the other services."

Service members, except for Marines, would likely have to go through Army basic combat training.

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U.S., China Disaster Management Exchange ends

Story and photo by **ANGELA E. KERSHNER** Army News Service

HAIKOU, China — Closing ceremonies for the 10th Disaster Management Exchange, or DME, were held, here, on Hainan Island, China, Jan. 18.

The 2015 DME is a U.S.-China humanitarian assistance and disaster relief exchange, which included an expert academic discussion, or EAD; a tabletop exchange, or TTE; and a practical field exchange, or PFE.

The DME is among the most substantive of U.S. military engagement activities with China.

"This long-established exchange underscores the commitment of the U.S. and the People's Republic of China to a comprehensive and strong military-to-military relationship in order to address security cooperation and humanitarian and disaster relief challenges across the region," said Maj. Gen. Edward Dorman, commanding general of the 8th Theater Sustainment Command.

Sponsored by U.S. Army-Pacific and hosted by China's People's Liberation Army, or PLA, the DME 2015 included participants from the Hawaii Army National Guard, the U.S. Marine Corps, the U.S. Air Force and the State Department.

A small team of U.S. military and civilian experts in the field of Humanitarian Assistance/Disaster Response, or HA/DR, participated in numerous briefings and site visits in Guangzhou, Guangdong Province, and Haikou, Hainan Province, to exchange lessons learned, best practices and mitiga-



Spc. Bobbi Sue Sanders and her Chinese counterpart deliver immediate care to volunteer patients during the 2015 China Disaster Management Exchange practical field exchange, Jan. 18.

tion efforts.

Some of the site visits included the Guangdong Provincial Meteorological Television Propaganda Center, the Guangzhou Center Observatory, the Provincial Disaster Management Command, materiel stocks and Dashatou Pier.

During the event, the EAD participants also joined a larger team for the TTE and PFE portions of the DME.

Approximately 70 U.S. participants and their PLA counterparts examined

how they would best be able to respond to a large-scale disaster in a fictional third country. The fictional scenario was based on flooding following a typhoon, a disaster that remains a constant threat in the Asia-Pacific region.

Multinational response efforts occur at the request of the affected nation. Simulating such a request for assistance, TTE participants specializing in civil coordination, planning, rescue operations, and information

and logistical support used the United Nations Multinational Coordination Center, or MNCC, construct to work through numerous possible scenarios.

The participants coordinated and synchronized support, dividing up responsibilities and assigning tasks through four stages: initial assessment, multinational HA/DR response, HA/DR activities and transfer to host nation.

The PFE ran concurrently with the

TTE, but picked up the simulation of response efforts at the HA/DR activities stage. U.S. and Chinese medical personnel worked to establish a medical treatment area during the PFE. Dozens of tents and medical vehicles were set up to provide for the orderly assessment and treatment of casualties.

Several dozen tents were also set up to provide food and shelter for resettlement of displaced persons, one of the major HA/DR responsibilities of the PLA.

This is a significant difference from U.S. HA/DR response, which designates resettlement duties to the Federal Emergency Management Agency, or FEMA, and numerous nongovernmental organizations. This proved to be one of only a few major differences between the response efforts of both countries.

"We have more similarities than we do differences," said Capt. Melissa Kodani, a medical planner with 18th MEDCOM in Hawaii. "We drew out our roles of care on paper, and they are actually pretty much the same."

Language barriers proved less challenging than many would expect as participants worked hands-on in their respective training environments. Improvised sign language and sketches on paper supplemented the interpreters who worked diligently to be everywhere at once. Universal procedures were followed that included wearing masks and booties in sterile surgical environments.

(Editor's note: Kershner works at US-ARPAC. Read more about the DME at www.hawaiiarmy weekly.com.)

Hoist: Aircrews extract from downed aircrafts

CONTINUED FROM A-1

"While we have Coast Guard and Navy assets, here, in Hawaii, when we're operating in an expeditionary environment in other countries, like during Pacific Pathways, we don't always have that ability. What this training will provide is the ability for the Army and our aircrews within 25th CAB to extract personnel out of the

water from a downed aircraft or in some sort of emergency situation."

The Aviation Water Egress Trainers at 3-25th have been working with CAB Soldiers on these skills, but it has always been in the pool. Now the AWETs and Soldiers can see how that training has paid off.

"We're actually putting that pool training to the test to see if they actually learned something," said Spc. Billy

Taylor, a 3-25th crew chief and AWET instructor. "It's important because you never known what's going to happen.

"At any point in time," he continued, "we could be flying over water and something happens and the aircraft goes down. If we're flying a shift of two, the aircraft behind them already knows what to do. So, training something like this, it's new. It's important to us, Charlie Company and the Army."



Capt. Heba Bullock, 25th Combat Aviation Brigade Public Affairs

Spc. Billy Taylor (center right), 3-25th Avn. Regt., 25th CAB AWET instructor, takes part in the overwater live-hoist training with (from left) 1st Lt. Alex Davila, Spc. Ross Phillips and Sgt. Schuyler Barhart.

Gravel is a new drug wreaking havoc

Army Substance Abuse Program Hawaii

It's a new year, and there's a new drug - gravel.

Gravel - yes, it looks like gravel from a driveway - is a highly addictive synthetic stimulant that is an emerging drug of abuse similar to bath salts.

Gravel is often used in combination with other drugs and can be injected or smoked.

Short-term effects of gravel abuse are increased blood pressure, elevated heart rate. violence, paranoia, halluci-

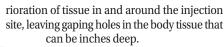
nations and brain damage. Since gravel is relatively new, long-term effects have

ports of serious deterioration in physical appearance after consistent abuse of the drug. The injection of gravel can result in the dete-

not been documented. There have been re-

The gravel drug actually has an appearance of ... well, gravel!

ASIST



Gravel is not a common drug of choice in Hawaii, but it has seen increased usage in the mainland, especially in the southern region of the United States.

The Drug Enforcement Administration lists alpha-PVP, one of the substances found in gravel, as a Schedule I controlled substance analog, similar to other synthetic drugs

like bath salts. Law enforcement testing confirms that rat poison and ammonium nitrate are

also utilized to dilute the

Gravel is a new synthetic drug that is cheap and easy to get; however, it can also kill you. Take a STAND! Use gravel where it was in-

alpha-PVP.



More Details

For more information, call ASAP at 655-8610, or visit the Army Substance Abuse Program at www.garrison.hawaii. army.mil/asap/default.htm.

tended - as a driveway.

(Note: Miller is the prevention coordinator at ASAP, part of the Directorate of Human Resources, U.S. Army Garrison-Hawaii.)



ARMY NEWS SERVICE News Release

Applied Suicide Intervention Skills Training, or ASIST, is for everyone 16 or older

- regardless of prior experience who wants to be able to provide suicide first aid.

Shown by major studies to significantly reduce suicidality, the ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.

Virtually anyone age 16 or older - again, regardless of prior experience or training - can become an ASIST-trained caregiver.

Developed in 1983 and regularly updated to reflect improvements in knowledge and practice, ASIST is the world's leading suicide intervention workshop.

> During the two-day interactive session, participants learn to intervene and help prevent the immediate risk

Over one million people have taken the workshop, and studies have proven that the ASIST method helps reduce suicidal feelings for those at risk.

Workshop features include the following: •Presentations and guidance from two Liv•A scientifically proven intervention model.

- •Powerful audiovisual learning aids.
- Group discussions.
- •Skills practice and development. •A balance of challenge and safety.
- ASIST has saved and changed hundreds of thousands of lives around the world

Next ASIST Course Attend class March 2-3 at 1117 Ka'ili

Register at https://Oahu-Asist-Mar2-3.eventbrite.com. Call Brent Oto, suicide prevention, at 655-9105, for info.

St., Honolulu, from 7:30 a.m.-4:30 p.m.

FTX: Locations achieve missions

CONTINUED FROM A-1

to feed the Soldiers hot breakfast and dinner meals, daily.

According to the Wayfinder commander, the hot chow was not only good for the Soldiers' morale, but it also allowed the Soldiers in the FSC to define and perfect their perishable skills set.

Over on East Range, the engineers were hard at work preparing a defensive posture, which was the biggest mission of the exercise, and was very similar to what they would do in a combat situation.

The defensive posture was made up of several obstacles designed to get the enemy right where the infantry wanted them. In order to create such obstacles, Soldiers used High-Mobility Engineer Excavators (HMEE) and D6 Dozers to dig, haul and dump dirt in strategic locations.

One of the most important obstacles the engineers built was a rectangle cut antitank ditch, which was 6 feet deep.

"The antitank ditch is pretty much designed to stop all incoming vehicles, limiting the use of VBIDS (Vehicular Bourn Improvised Explosive Devices) and get the enemy moving on foot," said Capt. Robert Putnam, commander, Alpha Company, 29th BEB, 3rd BCT, 25th ID.

The engineers also built triple strand concertina-wire barrier, anti-personnel ditches, mortar pits and machine gun pits within a 72 hour period.

"Everything we built is to make the enemy move to wherever the infantry needs them to be," said Putnam.

On the 26th, the battalion made the transition to Kahuku Training Area (KTA) and switched from the defensive posture to the offensive where they conducted training on suppressing the enemy, reacting to direct and indirect fire and learning how to operate in a combat zone more effectively.

ingWorks registered trainers.

8th TSC: Meetings will continue with goal to enhance sustainment integration

CONTINUED FROM A-1

"Enlisted leaders play a major role in sustainment operations, as we are the 'do-ers' and must critically analyze our officers' intent to ensure that their vision materializes," said Sgt. Maj. Greg Boseman, 8th TSC G4 sergeant major.

"Interactions with joint forces will prove crucial for future operations within the military, because as we downsize, we must integrate all operations, to include sustainment, in order to capture all requirements placed upon the military," Boseman added.

He said it is important to view sustainment

from a joint perspective "so that sustainment efforts are streamlined and result in efficiency while remaining fiscally aware."

The 8th TSC plans to continue these meetings on a regular basis with the goal of enhancing sustainment integration in the future.

"This is a critical time for our senior enlisted

leaders to be nested and network among ourselves as we operate in a complex world," Tobin said.

He also emphasized that the success of the huddle was due to the efforts of the 8th TSC G3 and G4, which organized and prepared



Send announcements for Soldiers and civilian employees to news@ hawaiiarmyweekly.com.

Today

Ring — A ring was found by the Installation Security Office, Bldg. 580, on Schofield Barracks. Call 655-8879 to discuss its features if you believe the ring is yours.

FFD Training — The Federal Fire Department's Prevention Division will be conducting fire safety training at FFD Headquarters, Bldg. 284, Center Drive, on specific days once a month, per topic. The training will provide the region with a more consistent training program and provide supervisors the ability to schedule workers to set dates eliminating waiting on class availability.

Training will be as follows:
•Every Friday is CDC and
Home Care Provider training at
9 a.m.

•The second Thursday is Fire Warden training at 10 a.m.

•Also, the second Thursday is Permit Authorizing Individual at 12:30 p.m.

•The first Tuesday is Fire Safety/Extinguisher training at 8:30 a.m.

Call Jeffrey Fernaays at 471-3303, ext. 600, or David Jimenez at 471-3303, ext. 631, for more details.

H20 — The Clean Water Program needs your input. Comment on the 2014 Storm Water Annual Report and participate in U.S. Army Garrison-Hawaii's Program to improve water quality.

The public comment period runs through Feb. 13. Access the plan at www.garrison.

hawaii.army.mil/sustainabili ty/CleanWater.aspx.

10 / Tuesday

Black History Month — The 25th Combat Aviation Brigade, 25th Infantry Division, will host the African American/Black History Month observance at 10-11:30 a.m., Feb. 10, at Wheeler Army Airfield Chapel.

12 / Thursday

Readiness Expo — The U.S. Army Hawaii Community Readiness Expo is scheduled every Thursday from 9 a.m.-3 p.m. at the Nehelani, Schofield Barracks. It's designed to support Soldiers and spouses new to Hawaii and/or preparing to deploy.

Over 30 USARHAW service providers are available to share information to increase community member awareness regarding services and programs.

21 / Saturday

Castner Outage — A power outage is scheduled, 8 a.m.-6 p.m., to support Schofield Barracks' Castner Substation renovation project.

In the event you are still experiencing disruption in electrical services after the outage has been completed and power restored, call 656-3272.

See next week's newspaper for a complete list of impacted facilities.

25 / Wednesday

SS Benefits — Register for a class in Social Security benefits. Topics include when to start receiving retirement benefits, how to maximize benefits and more. Class dates follow:

•Feb. 25 at noon and 2 p.m. Army Community Service. 2091 Kolekole Avenue, Schofield Barracks. Call 655-4227.

•Feb. 26 at 9:30 a.m. Army Community Service. Aloha Center, Building S-330, Room 111, Fort Shafter. Call 438-4227.

Register at www.himwr.com/ special-events/family-and-



Karen A. Iwamoto, Oahu Publications

SCHOFIELD BARRACKS— Katie Hu, an Army spouse, waits in line to fill out an application at the Schofield Barracks Tax Center. Hu and a handful of others were at the Tax Center before opening ceremonies concluded Monday morning. Col. William Smoot, staff judge advocate for the 25th Infantry Division, U.S. Army-Hawaii, said the Tax Center had already been receiving tax inquiries a week before its opening.

The Tax Center's hours are 9:30 a.m.-7 p.m., Monday, Wednesday and Friday; 10 a.m.-3 p.m., Tuesday and Thursday; 10 a.m.-3 p.m., the first and third Saturday of February and March. It is located at Trailer (TRL) 1, Grimes Street, across from Hamilton Field. Call 655-1040 to make an appointment.



6 / Today

Kainoa — There will be a partial road closure on Kaiona Avenue, Schofield Barracks, for utility installation by the Directorate of Public Works. The street will only be accessible from Lyman Road, with no access from Kolekole Avenue.

The closure is from 8:30 a.m.-3:30 p.m., Monday-Friday, and 9 a.m. -5 p.m., on Saturday and Sunday, if necessary, until Feb. 11.

Traffic will be detoured as necessary.

Honolulu International Airport

— There will be modified and limited parking in the International Parking

Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

Structure (Lot A) of the airport through today. Levels 1, 2 and 3 will be closed for installation of energy-efficient lighting. Parking Levels 4-8 will remain open.

Stalls for those with airport permits, handicap stalls and e-vehicle charging stations will remain open.

12 / Thursday

Waianae — There will be a lane closure on Waianae Avenue (North Corridor), Schofield, between Jecelin and Charlton streets, for elevation verification of an existing waterline. The right lane of Waianae Avenue will be closed and all vehicles will be transitioned to the left lane past the lane closure to proceed on Waianae Avenue North.

The work is scheduled for 9 a.m.-4:30 p.m. and should be completed by Friday, Feb. 13.

13 / Friday

Stream & Bridge — There was an extension of the full road closure of Stream Road on Fort Shafter. The road will be closed in both directions, from the intersection of Stream and Loop roads to the intersection of Stream and Kahauiki Stream Bridge.

The primary detour for the Stream Road Closure will be Mokumoa Street. Intermittent, one-hour, full-bridge closures will occur 9 a.m.-5:30 p.m. on the following dates:

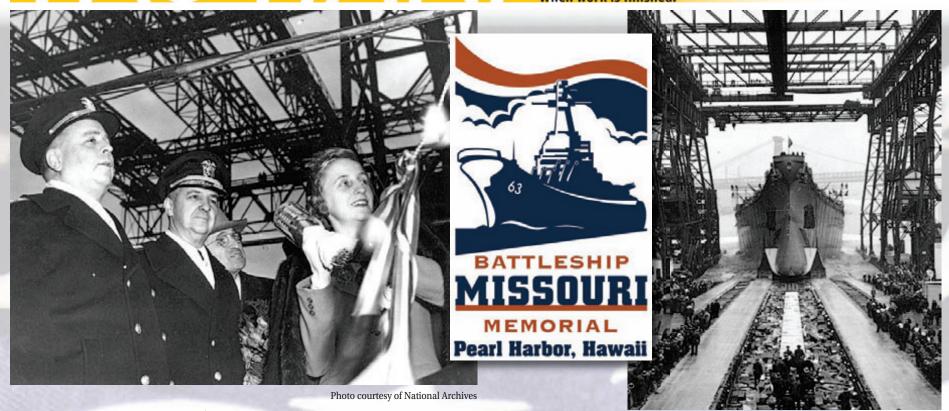
•Feb. 13, 14 and 16.

•March 27.

•April 3.

One-lane closure and intermittent full closures of Kahauiki Stream Bridge continue around the clock through Feb. 28.

HAWAI'I ARMY WEEKLY When work is finished."



Miss Margaret Truman, the USS Missouri's sponsor, prepares to christen the battleship, during the launching ceremony at the Brooklyn Navy Yard, Jan. 29, 1944. Looking on are (left to right) Rear Adm. Monroe R. Kelly, Brooklyn Navy Yard commandant; Rear Adm. Sherman S. Kennedy; and

Photo courtesy of U.S. Navy

The USS Missouri approaches the end of her building as she is launched, Jan. 29, 1944, from the Brooklyn Navy Yard.

New 'Mighty Mo' exhibit chronicles World War II era

BATTLESHIP MISSOURI MEMORIAL News Release

EARL HARBOR — Pier Foxtrot 5 buzzed with the music of the Big Band era, women dressed as "Rosie the Riveter" paced on the pier, and Soldiers from all periods of America's history marched on the decks of the retired USS Missouri for the second annual Living History Day, Saturday.

History came to life at the Battleship Missouri Memorial to celebrate two notable anniversaries for the Mighty Mo: the first being the USS Missouri's launch into service 71 years ago (Jan. 29, 1944), and the second being its opening in Pearl Harbor for public tours 16 years ago (Jan. 29, 1999).

The day also marked the public unveiling of the Battleship Missouri Memorial's newest historical exhibit, "The War that Changed the World," and began the Mighty Mo's build-up to the commemoration ceremony honoring the 70th anniversary of the end of World War II, taking place on Sept. 2.

"With Living History Day, we look back to honor the USS Missouri and all the men and women who have fought for and supported the preservation of America's freedoms," said Michael Carr, president and CEO of the Battleship Missouri Memorial. "But today we are also looking ahead to the momentous date of Sept. 2nd, the 70th anniversary of when history's biggest war ended onboard the USS Missouri, with the opening of a new exhibit honorof that era."

A highlight of the festivities was a special presentation by Congressman Mark Takai, who was sworn into office earlier this month. Takai presented his first certificate as a member of the U.S. House of Representatives to the Battleship Missouri Memorial, honoring the staff and volunteers for their dedication in sharing the Mighty Mo's place in history with the world.

"I commend the Battleship Missouri Memorial for their dedication to providing current and future generations the opportunity to experience this world-class battleship, and to be inspired by the universal values represented here of duty, honor, strength, sacrifice and peace," Takai said.

Displays, Exhibits and Performances

Living History Day at the Battleship Missouri Memorial offered a variety of entertaining displays, exhibits, musical performances and re-enactments of historical figures for the enjoyment of guests. Highlights included the following:

· "General Douglas MacArthur" greeting visitors in the Captain's Cabin just outside the famed Surrender Deck where the real-life general presided over the ceremony ending World War II.

 A Civil War-era warship blowing its steam engine.

•Couples from Hawaii Jitterbugs dancing to

Big Band swing music.

•Soldiers of the Marine Forces Pacific Party

•Special tours of the Radio Room and mailing station from the ship's Post Office.

•New World War II Exhibit: The War That Changed the World.

New Exhibit Features

With the use of photos, posters, artwork, film and quotes captured during World War II, the Battleship Missouri Memorial's newest exhibit display provides guests with an even greater understanding of the war's turmoil, danger, bravery and, ultimately, triumph for freedom.

Titled, The War that Changed the World, the new exhibit is located one level below the main deck and immediately takes visitors back in time to a living room with an old-style radio, which, other than the newspaper, was the only source for daily information about the war.

Visitors are then immersed into a walking timeline of World War II, starting with a recreation of the moment when America learned that it had been thrust into the war with the bombing of Pearl Harbor.

Real-life artifacts and oversized images illustrate the war's impact on people's lives and memorable quotes from some of the era's most important figures capture the sentiments of that time.

Battleship Missouri Memorial

Since opening in January 1999, the Battleship Missouri Memorial has attracted more than 6 million visitors from around the world with a fascinating tour experience showcasing the USS Missouri's unique place in history.

Located a mere ship's length from the USS Arizona Memorial, the Mighty Mo completes a historical visitor experience that begins with the "day of infamy" and sinking of the USS Arizona in Pearl Harbor on Dec. 7, 1941, and ends with Imperial Japan's surrender aboard the USS Missouri in Tokyo Bay on Sept. 2, 1945.

The USS Missouri had an astounding career over five decades and three wars -World War II, the Korean War and Desert Storm - after which it was decommissioned and donated to the USS Missouri Memorial Association, Inc., a 501(c)(3) nonprofit organization.

The Association operates the Battleship Missouri Memorial as a historic attraction and oversees her care and preservation with the support of visitors, memberships, grants and donations.

The Battleship Missouri Memorial is open daily from 8 a.m. to 4 p.m.

General admission, which includes choice of an optional tour, is \$25 per adult and \$13 per child (4-12). Military, kamaaina (local resident) and school group pricing is available.

For information or reservations, call (toll-free) 1-877-644-4896, or visit USSMis souri.org



Photo courtesy of Battleship Missouri Memorial

worship Services

Additional religious services, children's programs, educational services and contact informa-

tion can be found at



Briefs

Today

Track & Field Registration -Be a part of the new Developmental Army Hawaii Youth Track & Field Team. Registration is open through Feb. 27 to youth born from 1997-2007. Cost is \$40/child.

First-time participants and renewals must sign-up at CYS Services Parent Central Offices. Ask about the multi-child reduction fee.

Call the Youth Sports office at FS/AMR at 836-1923 or SB/WAAF/HMR at 655-6465.

EDGE Home School Art Workshops — Open to CYS registered youth and teens, grades 1-12. Call 655-9818 for more information and registration.

Teens — Join the SB Arts & Crafts Center for a fun workshop and bring your creative side.

•Feb. 6, Basket Weaving; \$23/child, includes supplies.

•Feb. 13, 20 & 27; fabric beads and painted "silk" shapes. It's \$23/child with supplies included.

25th ID Golf Scramble — Go to Leilehua Golf Course, 10 a.m.-4 p.m., for the four-person scramble format. Participants must register and pay 15 days prior to event. Cost is E1-E5, \$44; E6-O10, \$52; and civilian, \$59. (Registration will also be held on the day of the event, unless the event is already sold out.)

Fees will be collected in front of the G-2 (3rd floor, Bldg. 580) on Tuesday and Thursday, from 9:30-10 a.m. Price includes registration, green fees, cart fees, food w/beverage.

For preregistration, call Sgt. Justin Corley, 655-4711, or Sgt. 1st Class Bradley Bergeman, 655-4294.

7 / Saturday

Ladies Golf Clinic — Geared towards the beginning golfer, make an appointment at Leilehua Golf Course



Photo courtesy of Punahou School

HONOLULU — Enjoy a day of family fun at the 2015 Punahou Carnival, 11 a.m. - 11 p.m., Friday and Saturday, Feb. 6-7. This year's carnival celebrates island style with a "Hawaii No Ka Oi" (Hawaii is the Best)

This two-day event is an annual fundraiser for Punahou School's financial aid program. Events include a silent auction, rides, live entertainment from Henry Kapono Pomaikai Lyman and Maunalua, and food lots of food. More than 60 food vendors will offer everything from Hawaiian-style plate lunches to mango chutney and the carnival's popular malasadas (a Portuguese confection).

Punahou School is located at Punahou Street and Wilder Avenue. Visit punahou. edu/campuslife/events/carnival.



and a PGA professional will show you that you can play golf. The clinic is held by appointment only for 30 minutes. Call 655-4653.

Makapu'u Lighthouse Hike — Enjoy a family friendly hike with Outdoor Recreation up to the Makapu'u Lighthouse for great views and whale watching. ODR will provide the transportation and informational guide. All you need to bring is water, snacks and sunscreen. Ages 10 and up are welcome. Call 655-9046 (or 9045).

10 / Tuesday

Pottery Wheel Throwing -Create a beautiful vase or decorative bowl, 5-8 p.m., Tuesdays, and 11 a.m.-3 p.m., Sundays, at the Pottery Wheel Throwing workshops at SB Arts & Crafts Center. Call 655-4202

11 / Wednesday

BOSS — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities for Single Soldiers meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved

See MWR B-4

Community Calendar

Send announcements a week prior to publication to community@ hawaiiarmyweekly.com.

Today

First Friday Street Festival — Honolulu Arts District Merchant Association sponsors this Chinatown area open house each first Friday evening of the month. Contact Sandy Pohl 521-1812 or visit www.artsdis tricthonolulu.com.

Punahou Carnival — Famous annual event runs Friday and Saturday from 11 a.m.-11 p.m. and features a day of family fun, including food, rides and exhibits at President Obama's school. Free admission. Visit www.punahou.edu/carnival.

"To Kill a Mockingbird" — Diamond Head Theater presents the play adaptation of the Harper Lee novel, Friday, Saturday and Sunday at various times, 520 Makapuu Ave., Honolulu. It ends Feb. 22. Tickets are \$15-\$50. Call 733-0274.

7 / Saturday

4th Annual African-American Film Festival — The Honolulu Museum of Art hosts the opening night reception that features live jazz, food by chef Sean Priester and the film "August Wilson: The Ground on Which I Stand."

Series runs through Feb. 22 at HMA's Doris Duke Theatre and will screen contemporary films that explore cultural and social issues. Visit www.honolulumuseum.org.

11 / Wednesday

Family Night — SB weekly family gathering, begins at 5:30 p.m., and is located at the Main Post Chapel. Sessions follow from 6:10-7:30 p.m. Child care is provided.

Some of the classes offered include Financial Peace University, Healthy Living, 7 Habits of Highly Effective Army Families. Contact at SB is Deborah McSwain, director of Religious Education, at 655-9198. At AMR Chapel, call Don Ericson, director of Religious Education, 839-4319.

13 / Friday

Chinese New Year Celebra**tion** — The Chinese Chamber of Commerce hosts this colorful celebration of the New Year with lion dances, food and entertainment in the city's Chinatown area beginning at 6 p.m. It attracts more than 5,000 participants annually.

Contact the chamber at 533-3181 or visit www.chinatownhi.com/?q= node/224.

Hawaii Opera Theatre — Performances of Wagner's "The Flying Dutchman" run Friday, Feb. 13, at 8 p.m.; Sunday, Feb. 15, at 4 p.m.; and Tuesday, Feb. 17, at 7 p.m., at the Neil Blaisdell Concert Hall. Visit www.blaisdellcenter.com.

Haunted Plantation — Hawaii Plantation Village hosts the 45minute interactive, theatrical thriller "1706," beginning Friday, Feb. 13, with showings also scheduled Feb.

14, 20, 21, 27 and 28. Plantation has 10 showings per night with 12 spots per showing. Tickets are on sale at www.170six. com or call 783-8381.

19 / Thursday

U.S. Army Health Clinic-**SB Tours** — They're third Thursday of every month at 2 p.m. Come to the main clinic entrance in the Pharmacy lobby, Bldg. 676; no sign up necessary.

Monthly Health Clinic tours began in December and orient patients to their medical home and their medical neighborhood of services. Get details on who your PCM is; which medical home you belong to; what the hours of the lab, X-ray, pharmacy, Acute Care Clinic and more are; and where to go to get help.

Call the Customer Service rep at 433-8504 or watch USAHC-SB's Facebook page for events at https://www.facebook.com/US AHCSB.

21 / Saturday

Castner Outage — A power outage is scheduled, 8 a.m.-6 p.m., to support Schofield Barracks' Castner Substation renovation project.

In the event you are still experiencing disruption in electrical services after the outage has been completed and power restored, call 656-

26 / Thursday

Black History Month - The 205th Military Intelligence Battalion, 500th MI Brigade, hosts an Observance Orienteering and Trivia PT event from 6:30-8 a.m., Feb. 26, at Palm Circle, Fort Shafter, to celebrate Black History Month. Registration begins at 6 a.m., and there is no registration fee.

U.S. Army-Pacific Soldiers, civilians and family members are invited to participate. Teams of 10 must negotiate a route to five different stations across Fort Shafter. At each station, teams will learn about significant contributions of key African-

Americans over the past century and will conduct an exercise. The team that finishes with

the fastest time and answered the most trivia questions correctly will win. Call Capt. Gurrola at 438-4548 for more details.

Ongoing

Kuhio Beach Hula Show — Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Call 843-8002. Seating on the grass, beach chairs, mats and cameras are welcome.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex.

The service is open to all military personnel, their family members and civilians from all military bases with base access.

Vet Center — The FS Veterinary Treatment Facility is now seeing pets throughout the week from 8 a.m.-4 p.m., providing affordable preventative care and mandatory airline health certificates required within 10 days of air travel, and more. Call 433-

Food for Families — ASYMCA at WAAF has an emergency food locker to assist families. It's open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

(PG-13) Thurs., Feb. 12, 7 p.m. No shows on Mondays, Tuesdays

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation

BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company

ASYMCA: Armed Services YMCA

CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FMWR: Family and Morale, Welfare and FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities

PFC: Physical Fitness Center

SB: Schofield Barracks

Recreation

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-

Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield

www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.) Aliamanu Chapel Fort DeRussy Chapel FD: HMR: Helemano Chapel Main Post Chapel,

Schofield Barracks Aloha Jewish Chapel, Pearl Harbor Soldiers' Chapel,

Schofield Barracks

TAMC: Tripler Army Medical Center Chapel WAAF: Wheeler Army Airfield

Chapel

Buddhist Services •First Sunday, 1 p.m. at FD

•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- •Thursday, 9 a.m. at AMR •Saturday, 5 p.m. at TAMC,
- •Sunday services: - 8:30 a.m. at AMR
- -10:30 a.m. at MPC Annex -11 a.m. at TAMC
- •Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

Gospel Worship •Sunday, noon. at MPC

•Sunday, 12:30 p.m. at AMR **Islamic Prayers and Study**

•Friday, 1 p.m. at MPC Annex

•Friday, 2:30 p.m., TAMC •Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath) •Friday, 7:30 p.m. at PH

•Friday, 7 p.m. at Wheeler

Annex **Protestant Worship**

Pagan (Wicca)

Sunday Services

- -9 a.m. at MPC -9 a.m., at FD, TAMC chapel
- -10 a.m. at HMR
- -10:30 a.m. at AMR
- -11:30 a.m. at WAAF
- (Spanish language)
- -11 a.m. at SC

(Contemporary) Liturgical (Lutheran/

Anglican) •Sunday, 10 a.m. at WAAF

Sgt#Smith Theater Call 624-2585 for movie

listings or go to aafes.com under reeltime movie listing.



American Sniper

(R) Fri., Feb. 6, 7 p.m. Sat., Feb. 7, 6 p.m.



UNBROKEN

Sun., Feb. 8, 2 p.m.



Unbroken

or Wednesdays.



Home-schoolers share fitness

SCHOOL LIAISON OFFICE

Child, Youth and School Services Directorate of Family and Morale Welfare and Recreation U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS —

When a parent submits the State of Hawaii, Department of Education (DOE), Form 4140, "Exceptions to Compulsory Education," to their child's school, that student is now considered to be home-schooled.

Many military and non-military families look to home-schooling as an alternative means for the education of their children, as opposed to sending them to a brick and mortar school.

Regardless of why a student is being home-schooled, many parents fear that their children will be lacking social interaction if they are pulled out of school, but that's where the Child, Youth & School (CYS) Services, Sports & Fitness Program, saves the day. It offers a Home-School Physical Education (PE) class at the Bennett Youth Center in Building 9090 at 2251 McMahon Road on Tuesdays and Wednesdays, between 11:30 a.m.-12:30 p.m.

The class is offered at no cost to military families registered with CYS Services, and there is an optional class shirt that can be purchased for \$7.

Elijah Mattocks (grade 5) and his older brother Timaja Mattocks Jr. (grade 6) are new to the class, and Elijah likes that "the class is in a big gym and is very fun."

Timaja enjoys the class because

"it's very physical and he likes playing Medic Dodgeball."

During a recent class, students played games that required them to work and strategize together as a team. They had to communicate effectively, and individually they had to push themselves physically.

Eville Aaron, Sports and Fitness assistant, enjoys "working with the kids and seeing them progress from week to week as their abilities grow."

Home-schooling defined

The U.S. DOE, National Center for Education Statistics, National Household Education Surveys Program of 2012, identifies homeschooled students as school-age children in kindergarten and not higher than in 12th grade who receive instruction at home, instead of at a public or private school, either all or most of the time.

Approximately 3 percent of the school-age population in the United States was home-schooled in school year 2011-12.



Elijah Mattocks revs up for a scooter race at the CYS Homeschool Physical Education class at the Bennett Youth Center on Schofield Barracks, Jan. 27.

Home-schoolers across the nation today cite many different reasons for home-schooling, such as, parents feeling they can give their child a better education at home, religious reasons, a poor learning environment at school, family reasons, a child with special needs or a disability. Some parents believe their child is not challenged in school and more.

Learn More

Families interested in the Home-school PE class can call 655-6465 with their child's name, age/grade, home/cell number and family email address.

Those who reside near Aliamanu Military Reservation (AMR) can call 836-1923 for the AMR home-school PE class in-

formation for sessions that are held throughout the year.

The School Liaison Office is also available to assist families with home-school support at 655-8326, and parents' email addresses can be added to the home-school email distro list that contains weekly updates on education-related opportunities.

Child care website to ease PCS transitions

TERRI MOON CRONK
DOD News - Defense Media Activity

WASHINGTON — As military families move frequently and face a host of concerns, finding child care can be one of the greatest challenges, said Barbara Thompson, director of Military Community and Policy's office of family policy/children and youth/special needs.

To streamline and standardize what can be a daunting search, the Defense Department unveiled MilitaryChildCare.com, an online resource to help military, DOD civilian and contractor families find an array of military-operated and military-subsidized child care options for children between the ages of 4 weeks and 12 years, Thompson said.

Child care affects the force

"Child care is a workforce issue that impacts the readiness and retention of the force," Thompson said. "As families relocate to other areas, it's really challenging to

make sure your child care needs are being met, and this tool gives parents an opportunity in advance to find those child care spots that will work for the family."

MilitaryChild Care.com is a "single gateway" for families to enter as they request child care, she noted.

Of the 200,000 children DOD serves in child care, more than 50 percent are younger than age 3, Thompson said.

"It's very difficult to find infant and toddler care in the civilian community," she said. "(DOD has) young families with young children, and we really feel that we're providing a high-quality environment for those babies and toddlers (with the website)."

Families can customize their search, put their children on waiting lists and monitor requests for placement, Thompson said.

placement, Thompson said.

"The idea is that you have choices, and you see the array pictorially of what's available at those loca-

tions," she noted.

A help desk online and a toll-free telephone number are also available to help personalize families' searches, she added.

Pilot program expanding

The website initiative used focus groups comprising child care staff and parents, with a goal of making the website functional and intuitive, to make sure families can easily navigate the system, Thompson said.

A pilot program was also conducted in the study at numerous installations over the past 18 months at Nellis Air Force Base, Nevada, for the Air Force; Hawaii for the Army; Hawaii and San Diego for the Marine Corps; and

Hawaii, San Diego, Key West, Bahrain, Meridian and Singapore for the Navy, she said. Recently, 13

more installations were added to the website in addition to the pilots. The child care

The child care website is expected to be fully functional worldwide in September 2016, Thompson said, adding that it

will remain a work in progress as it takes in feedback from parents for improvements.



Visit the help desk at 1-855-696-2934, toll-free, or online at MilitaryChildCare.com.



MilitaryChildCare.com is an online resource for military, DoD and contractor families to find military-subsidized childcare options.

Mililani JROTC Cyber Patriots earn national placing

MILILANI ARMY JROTC Mililani High School

MILILANI — A team of high school Army Junior Reserve Officers Training Corps (JROTC) cadets from Mililani High School recently concluded an exceptional round of competition in the seventh season of Cyber Patriot - the National Youth Cyber Defense Competition.

The team took top honors in the state and narrowly missed earning a spot in the upcoming national championships in Washington, D.C., finishing third in its division.

In all, 2,175 teams registered to compete in Cyber Patriot VII, including 35 teams from Hawaii.

Cyber Security Exercise

Established by the Air Force Association, the Cyber Patriot National Youth Cyber Education Program was created to excite, educate and motivate students toward careers in cyber security and other science, technology, engineering and mathematics (STEM) disciplines critical to our nation's future.

Cyber Patriot's core program - the National Youth Cyber Defense Competition - challenges teams of two to six students across the United States, Canada and from DOD schools abroad, to find and resolve cyber security vulnerabilities in simulated environments.

Top teams from the preliminary



Photo courtesy of retired Lt. Col. Tim Schiller, Mililani High School JROTC

JROTC cadets from Mililani High School participate in Cyber Patriot, the National Youth Cyber Defense Competition. The team took top honors in the state, finishing third in its division.

online rounds win an all-expensespaid trip to Washington, D.C., for the live National Finals Competition, where students compete for national recognition and scholarships.

The Cyber Patriot field was divided into three divisions: the Open Division for public, private and homeschool teams; the All Service Division for JROTC, Civil Air Patrol and Naval Sea Cadet Corps teams; and

the Middle School Division.

Based on the results of two preliminary rounds, Cyber Patriot VII high school teams were categorized within their divisions as Platinum, Gold or Silver Tier teams, with Platinum Tier teams representing the highestscoring teams.

Mililani's Young Program

Led by Coach (retired) Lt. Col. Tim other advancing teams to win the

Schiller, the team of students from Mililani High School Army JROTC excelled in the Cyber Patriot VII qualifying rounds, demonstrating teamwork, critical thinking skills and technical knowledge key to a successful career in cyber security.

The team's performance earned it a spot in the Category Round held Jan. 16-18, during which it outscored Army JROTC category's 3rd place award.

"Amazing results. The Trojan Battalion, which activated just two and a half years ago, could not have done so well without the tremendous help of our school administration and our active duty Navy mentors, specifically Mililani's principal, Mr. Fred Murphy and Lt. Nicolas Ward," said Schiller. "The U.S. Navy came out to Mililani High School and set up a training program, twice a week, for two- to three-hour sessions with subject matter experts in all aspects of computer technology."

The training ensured that all members of the team become experts in all areas of Cyber Patriot. This was the first time the battalion had three separate teams of six cadets to enter the competitions.

"As Mililani Army JROTC looks forward to next year, it is going to engage Mililani Middle School, and its cadets will train future students on Cyber Patriot, giving them a great bridge to tie in with feeder schools and educate them on what we do," Schiller added.

Online More information is avail-

at info@uscyberpatriot.org.

able at www.uscyberpatriot.org

or from the Cyber Patriot staff



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and make a difference.

•North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday.

•South meetings are held at

FS Bowling Center at 10 a.m., every 2nd and 4th Wednes-

Call 655-1130.

Baby-Sitting & CPR — Register for SKIES Unlimited free baby-sitting and CPR/first aid monthly courses for 12-18 year olds. After class completion, 13 and over students will be added to the SKIES supersitter referral list.

Class participation requires registration by a parent/ guardian with Army CYS, Parent Central Services. Register now at 656-9818 for the 4-7

p.m. sessions:

•Feb. 11, baby-sitting. •Feb. 18 & 25, CPR/first aid.

18 / Wednesday

EDGE Home School Adventure-Biking Series -In partnership with Outdoor Recreation, join the on-base bike ride, 9:30 a.m., Feb.18, for grades 1-12.

Everyone must wear shoes and bring water and sunscreen. Cost is \$20/child.

All ODR bikes are for participants 5'1" and above. You're welcome to bring your own bike. Call 655-9818.

Ongoing

Tree Trimming — Construction crews have begun the trimming and removal of trees from Leilehua Golf Course. The height of the trees has been identified as a safety hazard that negatively interferes with the sight line to the flight path for the Wheeler Army Airfield's aircraft run-

Because of safety compliance issues, officials have determined that the trees in the sight line of the flight path must be trimmed or removed. Golfing patrons should anticipate minor disruption in play. Fairways 4, 5, 7, 8, 10 and 11 will be most impacted.

Upon start of work, and weather permitting, this project is anticipated to take four weeks to complete. Contact Bob Lillie, course superintendent, at 656-0114.

Tropics Renovation — The SB Tropics Recreation Center kitchen was closed for renovation in January. The Tropics Ono Snack Bar, however, is open with a limited menu.

The grand reopening of the Tropics Snack Bar is scheduled for April 2015, with upgraded food and beverage menus, a new full bar and additional TV screens. Call 655-

SKIES Unlimited Dance Classes — AMR and SB studios offer a variety of dance classes to include Rhythm in Motion for 2 year olds, Beginner/Intermediate Dance Combo for Ballet, Tap for 3-5 and 6-9 years, Hip Hop and Ballroom Dancing. Call 655HAWAII ARMY WEEKLY FEBRUARY 6, 2015 | **B-5**

Exchange offers fresh valentine flowers Feb. 12



HAWAII EXCHANGE

News Release

SCHOFIELD BARRACKS — As Valentine's Day approaches, the Hawaii Exchange is helping love blossom with fresh floral bouquets available for pickup at the Schofield and Hickam Car Care Centers, Helemanu Express and Hickam Kuntz mall.

Fresh flowers, including roses, will arrive Feb. 12 for Valentine's Day weekend.

Valentine's plants will be available for purchase at both the Schofield and Hickam main stores. Both will have fresh cut flowers the week of Valentine's.

> "Picking up a fresh bouquet for someone special is as simple as visiting the Exchange," said Cathy Ely, store manager. "We have everything needed to make this Valentine's Day special."

More Information

For more information, shoppers can contact the Schofield Main Store at 622-1773 or Hickam Main Store at

DeCA targets 'Heart Month'

SALLIE CAUTHERS

Defense Commissary Agency

FORT LEE, Virginia — It's "Heart Healthy Month," and commissary shoppers can look at February two ways.

For romantics, your commissary has the very best savings in town for sweets for your sweet, and for athletic types, there are natural and organic food products throughout the store, as well as a wide variety of bottled water, sports drinks and vitamins at huge savings.

"'It's Your Choice, Make It Healthy' is our slogan," said Tracie Russ, the Defense Commissary Agency's director of sales, "and we make it easy for customers to shop healthy, eat healthy and be healthy.'

DeCA has a vested interest in helping service members and their families improve their health and wellness while stationed anywhere in the world. Commissaries offer military patrons the very best quality fresh produce and lean meats available at the best prices, along with other grocery products.

The agency's industry partners - vendors, suppliers and brokers - are collaborating with commissaries worldwide to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs.

•The Kellogg's NASCAR is rarin' to go. In February, the Kellogg's Car will race at the Daytona 500 with proceeds supporting the

Scholarships for Military Children program. Over the past four years, Carl Edwards and his No. 99 car have earned over \$70,000 for this program. Through March 4, stores worldwide will gear up for the Daytona 500, and this Kellogg's racing promotion with high-value coupons is available at in-store displays.

•General Mills' "Just Add Milk" sales event is one of the largest promotions for the cereal

aisle. Through March 4, patrons will find posters and character cardboard cutouts promoting their high-value coupons in addition to online Commissary Rewards Card

•The J.M. Smucker Company presents its annual "Serving Our Country's Finest" in-store sales event offering savings through March 4 on Smucker's fruit spreads, Hungry Jack breakfast items, Folger's coffee, Dunkin Donuts coffee and Jif peanut butter.

Smucker's will donate \$10,000 to Fisher House for the Scholarships for Military Chil-

"Now is the best time to get fit and healthy," Russ said. "It's a new year, and the commissary can help you keep your healthrelated New Year's resolutions. Treat your heart well. Start by eating more fresh fruits and vegetables and lean meats. Then try taking the stairs at work instead of the elevator, or park your car much farther away from your work location. We'll see you at the commissary, because you know it's worth the trip!"

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TRICARE, Affordable Care Act differ in several ways

TRICARE

News Release

With the implementation of the Patient Protection and Affordable Care Act (ACA) in 2010, TRICARE beneficiaries may have questions about how it will affect them.

Webinar on ACA

TRICARE and Military OneSource are co-hosting a webinar to educate TRI-CARE beneficiaries about tax reporting and the Patient Protection and Affordable Care Act. The webinar will take place Monday, Feb. 9, from 7-8 a.m., Hawaii time (12-1 p.m., EST).

Registration is on a first-come, firstserved basis and is limited due to system capacity. To sign up, go to https://attend ee.gotowebinar.com/register/822695318 2319863297.

The ACA and TRICARE are very different, governed by two different pieces of legislation, so changes in one have no effect on the other.

The intent of the Affordable Care Act, also known as Obamacare, was to provide afford-

able health insurance options to everyone. This is the first major difference between TRICARE and the ACA.

TRICARE is not health insurance; it is a federal health care entitlement

program only for eligible uniformed service members, retirees and their families.

The ACA required a set of minimum essential benefits for commercial health insurance. That is, all Americans, unless exempted, must have minimum essential coverage (MEC) or pay a monthly "individual shared responsibility" tax penalty via federal tax returns. TRICARE fulfills the MEC requirements of the ACA under certain conditions.

Before the passage of the ACA, TRICARE had already provided most of these benefits, such as cost-free screenings, vaccinations and

> One ACA provision not previously addressed by TRICARE was to allow children to remain on their parent's health insurance up to age 26. The 2011 National Defense Au

thorization Act created the authority to implement the TRICARE Young Adult (TYA) program. TYA is a premium-based program that restores TRICARE coverage to adult children up to the age of 26 after they lose their TRI-CARE coverage due to age.

TRICARE is a benefit established under law as the health care program for the uniformed services, retirees and their families. The ACA did affect change in health care coverage for many Americans, but the legislation did not apply directly to TRICARE.

Small increase to TRICARE pharmacy copays begin

News Release

New copayments for prescription drugs covered by TRICARE began Feb. 1.

The fiscal year 2015 National Defense Authorization Act (NDAA) requires TRICARE to increase most pharmacy copays by \$3.

Drugs from military pharmacies and generic drugs from TRICARE Pharmacy

Home Delivery still cost beneficiaries \$0. TRICARE pharmacy copays vary based on the class of drug and where beneficiaries choose to fill their prescriptions. Home delivery copays for formulary brand name drugs are going from \$13 to \$16, and for non-formulary from \$43 to \$46.

You can get up to a 90-day supply of drugs through home delivery.

At the retail pharmacy network, copays for generic formulary drugs go from \$5 to \$8, brand name formulary go from \$17 to \$20 and non-formulary from \$44 to \$47.

You can get up to a 30-day supply of drugs at retail pharmacies.

Some pharmacy copays are not changing in 2015.

Military pharmacies remain the lowest cost option for beneficiaries, with no cost for drugs, and generic formulary medications at home delivery remain \$0.

Home delivery is a low-cost, safe and convenient way for TRICARE beneficiaries to get their maintenance medications.

Copays at non-network retail pharmacies will also change, based on the changes to retail copays. For more details, visit the TRI-CARE pharmacy costs page.

These changes in the NDAA overrule previous rules passed by Congress in 2013 that connected TRICARE pharmacy copays to the retiree cost of living adjustment (COLA).

More Online

Visit home delivery at www.tricare. mil/homedelivery and learn more about TRICARE pharmacy costs at www.tricare.mil/pharmacycosts.



UEALTU

Donors essential to Armed Services Blood Program

those products, and then there's also other concentrates that

we can manufacture from that blood product that we can give

Since blood products have a limited shelf life, there is a con-

stant need for donors. Red blood cells can be stored for 35 to 42

days, while platelets must be used within 5 days.

to patients that are ill or injured."

CLAUDETTE ROULO

DOD News - Defense Media Activity

WASHINGTON — Without donors, there would be no Armed Services Blood Program, Navy Capt. Roland Fahie, the program's director, said Friday.

National Blood Donor Month falls in January, Fahie added,

which is the heart of a difficult season for blood organizations, as donations slow during the winter holidays.

As the month closed out, he said, it is particularly important to recognize the donors who make the program possible. The Armed Services Blood Program is

unique among blood organizations, the director said.

ASBP Armed Services Blood Program TRIPLER ARMY MEDICAL CENTER

Donors are essential

The whole blood donation process takes about 30 to 40 minutes, including completing a donor questionnaire and a brief interview, Fahie said.

Donating platelets is a bit more complex, he said. During platelet donation, platelets are removed from whole blood by a machine, and the remaining products are re-infused back into the donor.

"It's important for every donor to know that, no matter what, we are the one that is responsible for ensuring that our warfighters and their beneficiaries have blood and blood prod-

ucts when they're critically wounded or they're ill," Fahie said.

"We, as the Armed Services Blood Program, appreciate all the support that we get from the donors, because wherever we need to get blood to, we won't have a program if we don't have a

"Our reliability and our strength really are with the donors," he said.

Who can donate

Most healthy adults are eligible to donate blood, according to the ASBP website. For travel, medical or other donation restrictions, interested personnel should visit www.mil itaryblood.dod.mil/Donors/can_i_donate.aspx.

Getting blood to where it's needed

"Our strength is actually getting blood to where no other agency can," Fahie said. "We actually are the ones that are capable – because we have the assets to support our deployed troops all over the world – whether it's a combat mission, whether it's a humanitarian mission, whether it's a military treatment facility overseas somewhere. We can get blood to wherever it needs to go."

Military personnel, their dependents, federal civilians and contractors are all eligible to donate to their local ASBP location. Even those with no connection to the military can donate to the ASBP, Fahie said.

One donation "can save several lives"

Blood donation is critical, Fahie said, "because one unit of blood can save several lives."

Blood can be separated into three components: red blood cells, platelets and plasma, Fahie explained.

"We make and we process different products from ... whole blood," he said. "We can make red cells to support somebody that's anemic, we have plasma for somebody who has clotting factor deficiencies and needs factors to help with stabilization, and then also we have platelets that we can get from

Upcoming blood drives

•Feb. 10 9 a.m.-1 p.m. JIOC & COMPACFLT Bldg. #352, JIOC Front Entrance

•Feb. 11 6:30-9:30 a.m. UH ROTC Army 1311 Lower Campus Road, Honolulu

•Feb. 18 & 19 9 a.m.-1 p.m. MCBH Kaneohe Bay 3D Radio Battalion Bldg #1057 Training •*Feb.* 23 9 a.m.-1 p.m.

Classroom

•Feb. 24

Hickam Aloha Conference Center

11 a.m.-3 p.m. Navy Exchange 4725 Bougainville Dr., Honolulu •*March 4* 11 a.m.-3 p.m.

Schofield Exchange

Building #694

For more details, call the Tripler Blood Donor Center mainline at 433-6148.